Database of Interventions

Search for *Interventions that Work* in Four Action Areas

The Centers for Disease Control and Prevention's (CDC) online Community Health Improvement (CHI) Navigator—www.cdc.gov/CHInav—is a one-stop-shop that offers expert-vetted tools and resources to support collaborative, impactful CHI work.

ABOUT THE DATABASE

The **Database of Interventions** is a tool that helps you identify interventions that work in four action areas—socioeconomic factors, physical environment, health behaviors, and clinical care. This database provides leaders and stakeholders with options to consider when making decisions about how to invest in their community and address its health needs.

For community partnerships, a balanced portfolio of interventions can lead to greater impact on patient and population health while reducing hospital readmissions and cutting costs across sectors.[1] Engaging in a collaborative CHI process and using evidence-based interventions helps support the missions of all organizations involved and is an approach often preferred by funders.

WHO SHOULD USE THE DATABASE?

The Database of Interventions can be used by various community stakeholders who are involved in CHI work and, ultimately, for improving the health of their communities. These stakeholders include hospitals complying with the IRS Final Rule on Community Health Needs Assessments for Charitable Hospitals. Uses for the database include:

- Finding best practices and evidence-based interventions and approaches
- Generating ideas for proven interventions based on needs assessment results, community assets, and desired health outcomes
- Identifying evidence-based approaches to use in assessing current approaches or strategies

HOW Use a Balanced Portfolio of Interventions for Greatest Impact

- Action in one area may produce positive outcomes in another.
- Start by using interventions that work across all four action areas.
- Over time, increase investment in socioeconomic factors for the greatest impact on health and well-being for all.

Four ACTION Areas

SOCIOECONOMIC FACTORS

PHYSICAL ENVIRONMENT

HEALTH BEHAVIORS

CLINICAL CARE

1. Hester JA, Stange PV. A sustainable financial model for community health systems. Discussion Paper, Washington, DC: Institute of Medicine, 2014. Available from http://www.iom.edu/Global/Perspectives/2014/SustainableFinancialModel.

- Discovering interventions to consider as part of an implementation strategy, a population health plan, a state health improvement plan, or a community health improvement plan
- Identifying options for potential inclusion in a population management plan that includes innovative approaches to care of populations

HOW TO USE THE DATABASE

The Database of Interventions is a free, online tool available at www.cdc.gov/CHInav:

- Click on the database button to be directed to tool.
- Once there, select a variety of filters (see figure 1), including Target Risk Factors, of highest priority for addressing community needs.
- As filters are selected, a preview of search results will automatically appear on the right side of the screen (see figure 2).
- Simply click on an individual result for more information about a particular intervention.

Filters Including Target Risk Factors

The database includes seven **Target Risk Factors** that are related to the leading causes of illness and death in the United States: **Tobacco Use and Exposure, Physical Inactivity, Unhealthy Diet, High Cholesterol, High Blood Pressure, Diabetes, and Obesity**.

This database provides ideas to encourage and inspire action to advance the health of communities. It includes many interventions proven to reduce smoking rates, cholesterol levels, blood pressure, and blood sugar.

In addition to filtering by Target Risk Factor, users can filter by: **Target**

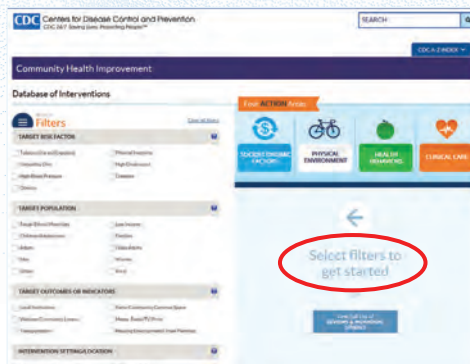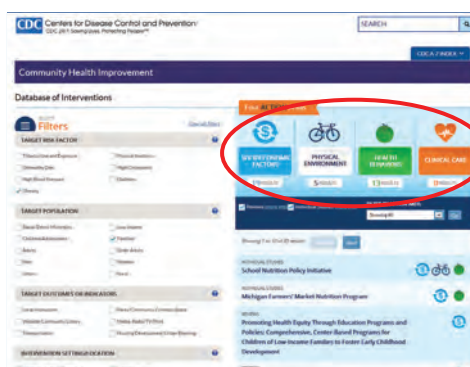### Figure 1: Select Filters

Figure 2: Preview Results

Populations, Target Outcomes or Indicators, Intervention Settings/ Locations, Intervention Types, Assets: People or Organizations, and Assets: Physical or Virtual Space.

Data Sources for Interventions

Interventions were drawn from source databases that met defined criteria for level of evidence and accessibility. The database includes both reviews (summary recommendations based on systematic review or synthesis of current evidence from multiple studies and other evidence-based sources) and individual studies (scientific evaluation of the efficacy of an intervention in a single study). A list of the sources is available at the CHI Navigator resources page.

QUOTE FROM INTERNAL REVENUE SERVICE FINAL RULE ON COMMUNITY HEALTH NEEDS ASSESSMENTS FOR CHARITABLE HOSPITALS.[2]

"… a hospital facility must identify significant health needs of the community, prioritize those health needs, and identify resources (such as organizations, facilities, and programs in the community, including those of the hospital facility) potentially available to address those health needs."[3]

"These needs may include, for example, the need to address financial and other barriers to accessing care, to prevent illness, to ensure adequate nutrition, or to address social, behavioral, and environmental factors that influence health in the community."[4]

2. Additional Requirements for Charitable Hospitals; Community Health Needs Assessments for Charitable Hospitals; Requirement of a Section 4959 Excise Tax Return and Time for Filing the Return, 79 Fed. Reg. 78,953 (December 31, 2014) (to be codified at 26 C.F.R. pts. 1, 53, and 602), available at http://www.gpo.gov/fdsys/pkg/FR-2014-12-31/pdf/2014-30525.pdf.
3. Id. at 79,702.
4. Id.

→ **VISIT THE CHI NAVIGATOR AT www.cdc.gov/CHInav FOR TOOLS AND RESOURCES TO IMPROVE YOUR COMMUNITY'S HEALTH AND WELL-BEING**

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